Day 1.

Cardio: Treadmill, Elliptical, and bike

Bike – 10 minutes

Treadmill – 25 minutes

Elliptical – 10 minutes

Day 2.

Leg press – 2 sets (10 times per 1 set)

Prone leg curl – 10 times per 1 set

Treadmill – 30 minutes

Day 3.

Hip Adduction – 3 sets (10times per 1 set)

Compound row – 2 sets (10 times per 1 set)

Bike – 20 minutes

Day 4.

CrossRamp – 25 minutes

Lat Pull Down – 3 sets (10times per 1 set)

Leg extension – 2 sets (10times per 1 set)

Day 5.

Treadmill – 25 minutes

Bike – 10 minutes

Abdominal – 1 set (10times per 1 set)

Day 6.

CrossRamp – 20 minutes

Overhead chest press – 2 sets (10times per 1 set)

Vertical chest press – 1 set (10times per 1 set)

Bicep curl – 1 set (10times per 1 set)